Blood Work Trends

http://www.healingwell.com/community/?f=25&m=2437028

Ways to tell you are having a herx reaction can show up in your bloodwork. Your white blood cell count can elevate, as well as your creatine levels. If you are not sure if you are having an allergic reaction, one of the blood tests that you should follow is EOS. If your levels are at 30% or higher, it is a high indication that you are having an allergic reaction.